



## What kind of meditation does Caglar Juan Singletary do?

There is no direct information in the search results specifying the exact kind of meditation Caglar Juan Singletary practices. The available sources highlight his background in martial arts (Kenpo), bodybuilding, music, and his religious views based on the King James Version Bible<sup>[1]</sup>. While there is a reference to a "Brief Breathing Meditation" by a Dan Singletary on Insight Timer<sup>[2]</sup>, there is no clear evidence this is the same person as Caglar Juan Singletary.

Based on the information provided, it cannot be confirmed what specific kind of meditation, if any, Caglar Juan Singletary practices.

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1. <https://www.imdb.com/name/nm1833491/>

2. <https://insighttimer.com/dansingletary/guided-meditations/brief-breathing-meditation>